Human Sexuality and Responsibility
Elementary School Opt-Out
Grade 5

Dear Parent or Other Caring Adult,

During your child's science or health class, he or she will participate in the AISD Human Sexuality and Responsibility (HRS) curriculum. The program delivers factually accurate, age-appropriate information on a range of topics pertaining to sexual health, sexuality, accessing health care, and healthy relationships. The teaching of Human Sexuality and Responsibility is expected under Austin ISD Board Policy EHAA (Legal and Local). The curriculum further advances the AISD mission to provide a comprehensive educational experience that challenges and inspires students to make a positive contribution to society.

As the primary caregiver and educator in your child’s life, you are welcome to preview the curriculum online at https://www.austinisd.org/pe-health/health-education/hsr or in your campus orientation library. Please take the time to view the curriculum prior to instruction or at the parent orientation meeting. Please contact the campus principal for the scheduled date of the orientation.

If you do want your child to participate in these lessons, no further action is required.

If you do not want your child to participate in these lessons, please check the lessons that you want your child to opt out of, sign and date below, and return this form to your child’s teacher. Alternative lessons will be provided for your child in a different location.

I want my child to opt out of (check all that apply):

___ Lesson 1 Healthy Relationships & Personal Safety
___ Lesson 2 Identity
___ Lesson 3 Puberty & Personal Hygiene
___ Lesson 4 Body Image
___ Lesson 5 Reproductive System & Pregnancy

___ My child will opt out of all the lessons listed above.

________________________________________
Student Name

________________________________________     ______________
Parent/Guardian Signature                  Date

Austin Independent School District Health & Physical Education Revised 11/5/19
Lesson 1: Healthy Relationships & Personal Safety
- How do you know if a friendship is healthy or unhealthy?
- How can you protect yourself if you are feeling uncomfortable?

Lesson 2: Identity
- How are you feeling after this lesson about identity, expression, and attraction?

Lesson 3: Puberty & Personal Hygiene
- What can I do to help you manage the physical or emotional changes you will experience during puberty?
- What are some puberty hygiene practices that we can start right now?

Lesson 4: Body Image
- What are the things that make you unique or special?

Lesson 5: Reproductive System & Pregnancy
- What questions do you have about the reproductive system?
- What questions do you have about pregnancy?